

**Marine Corps Air Station Cherry Point**  
**Behavioral Health & Wellness Resource List – Final May 2019**

**► Families & Parenting**

- Aging Parents and Eldercare
- Child in the Middle
- Emergency Binder (Deployment Preparation Binder Making Workshop)
- Family Care Plan
- Family Retreat
- Five Love Languages – Date Night
- 4 Lenses
- 4 Lenses for Couples – Date Night
- LINKS for Families (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills) for families
- Marine Corps Etiquette 101
- New Parent Support Program
- Triple P, Positive Parenting Program

**► Health Promotion and Education**

- Active Duty Weight Management Class
- Carbohydrate Counting Class
- Diabetes Self-Management class
- Health Education Classes/Briefs
- Health Screenings/Assessment/Nutrition Counseling
- HITT (High Intensity Tactical Training)
- Semper Fit Special Events
- “ShipShape” Weight Management class
- Sleep Hygiene – Cognitive Behavioral Therapy for Insomnia
- Tobacco (Nicotine) Cessation/Prevention or Awareness Classes

**► Life Skills/Resiliency Training**

- Basic & Emergency Auto Care
- Biofeedback
- Century Anger Management
- Realistic Communication Class
- Conflict Management
- FOCUS (Families OverComing Under Stress) Resilience Training for Couples & Families
- L.I.N.K.S for Families (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills)

- L.I.N.K.S. for Marines (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills)
- L.I.N.K.S. for Mentors (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills)
- Military One Source
- Resiliency Training Day
- Safe & Sound-Home & Fire

### ► **Marriage/Relationships**

- CREDO – Marriage Enrichment Retreat
- Five Love Languages – Date Night
- 4 Lenses
- 4 Lenses for Couples – Date Night
- Marriage Counseling and /or Weddings
- Prevention Relationship Enhancement Program (PREP) 8.0
  - The 3 Keys to Successful Relationships
  - Danger Signs & Time Out
  - Anger & Stress
  - The Speaker Listener Technique
  - Events, Issues & Hidden Issues
  - Fun & Friendship
  - Commitment
  - Expectations
  - Problem Solving
  - Road Mapping
- The Resilient Couple
- Strong Marine Couples
- Together for Life
- Within my reach: unhealthy relationships

### ► **Medical & Behavioral Health Counseling**

- Cognitive Behavioral Therapy
- Dialectic Behavioral Therapy (DBT)
- Internal Behavioral Health Consultant (IBHC)
- Medication Class
- Men- Junior Group (Active Duty E1 – E6 only)
- Men- Senior Group (Active E7 & above only)
- Outpatient Crisis Prevention Program (OCPP)
- Sleep Hygiene – Cognitive Behavioral Therapy for Insomnia
- Women’s Group (MST)

### **► Non-Medical Counseling**

- Community Counseling Program
- Core Strengths with Seeking Safety (Trauma Group)
- DStress Line
- Family Advocacy
- Military Family Life Counselors
- Military One Source
- Sexual Addiction Treatment
- Substance Abuse Counseling Center

### **► Pastoral Care & Spiritual Support & Fitness**

- Station & Deputy Command Chaplain
- Memorial Chapel
- Religious
- Unit Chaplains

### **► Readiness and Deployment**

- Bridging the Gap: Communicating for Deployment
- Deployment Readiness Coordinators
- Deployment Support Training
  - Pre-Deployment (30 days before)
  - Mid-Deployment (2-4 months in)
  - Kids & Deployment
  - Return & Reunion (30 days before)
  - Reintegration: Strong Marine Couples (45-60 days after)
- Emergency Binder (Deployment Preparation Binder Making Workshop)
- Family Care Plan
- Family Readiness Assistant and Command Team Advisor Training
- Kids in the Midst and In the Midst for Adults
- Kids-N-Reunion and Return and Reunion
- Marine and Family Pre-Deployment Brief
- “On Point” Resources
- Personal Growth Retreat
- Unit Personal & Family Readiness Program Training (UPFRPT)
  - Command Team Training
  - Deployment Readiness Coordinator (DRC) Training
  - Uniform Readiness Coordinator (URC) Training
  - Family Readiness Command Team Advisor (FRCTA) & Family Readiness Assistant (FRA) Training
  - Commanding Officer & Senior Enlisted Spouse Training

- Personally Identifiable Information/Operations Security Training (PIL/OPSEC)
- Volunteer Management Training and Passport to Volunteering

### **► Recreation & Enhanced Quality of Life and Morale**

- Cherry Point Single Marine Program (SMP) (includes Sailors too)

### **► Stress Management**

- DStress Line
- Stress Management Class
- Taste of Focus (Stress Management Class)
- Transforming Stress

### **► Substance Abuse, Addiction & Prevention**

- Alcohol Abuse Prevention Program
- Continuing Care Group
- Drugs Demand Reduction Program (*Prevention*)
- Prime for Life – Early Intervention
- Substance Abuse Counseling Center (SACC) (*Assessment & Treatment*)
- Tobacco (Nicotine) Cessation/Prevention or Awareness Classes

### **► Suicide Prevention**

- RACE Suicide Prevention Training Class
- Columbia Suicide Severity Rating Scale Training
- National Suicide Prevention Lifeline

### **► Transition and/or Retirement Support**

- Education Office (MCCS)
- Personal & Professional Development Office (MCCS)

### **► Violence**

- Effects of Domestic Violence
- Family Advocacy Program
- Family Violence Awareness
- Incident Determination Committee Training
- STOP: Domestic Violence Offender Group STOP stands for (S)kills (T)echniques (O)ptions and (P)lans...for Better Relationships.
- Wings of Strength (Domestic Violence Survivors support group)
- Women's Group (MST)

## **► Families & Parenting**

### **-Aging Parents and Eldercare - Marine Corps Family Team Building**

This one-on-one workshop discusses the stages of care giving, communication techniques for caregivers, caregiver guilt and homecare options.

L.I.N.K.S. <http://mccscherrypoint.com/programs/family-team-building/> Call for class information 252-466-4637

### **-Child in the Middle - Behavioral Health Branch, Marine & Family Programs**

4 hour class for parents dealing with divorce/separation to learn how not to put the child in the middle of the turmoil. To learn how the dissolution of the adult relationship can be handled by the adults while also helping the child to thrive. **Contact Family Advocacy Program for dates and class information call 252-466-3264**

### **-Emergency Binder (Deployment Preparation Binder Making Workshop) - Marine Corps Family Team Building**

Preparedness is the key to being mission ready, not just for Marines but for families too! Create your own Emergency Binder for your legal documents, finances, personal property, and more. Gain tips and insights to get and stay organized with your family & medical records, legal documents, finances, and housing forms. MCFTB provides the binder as well as all the templates you will need to create your family's Emergency Binder. 1 – 2 hr. class. **Call for class information 252-466-4637.**

### **-Family Care Plan - Marine Corps Family Team Building**

Offered only by request, this session is ideal for all service members required by MCO1740.13C to create and maintain a Family Care Plan. A Family Care Plan is an essential part of military readiness as it provides care for those who depend on their Marine. This class explains the significance of a Family Care Plan, why it is important to update it, what items should be included and resources that are available to assist in preparing a plan. Having a Family Care Plan in place helps Marines focus on their job and mission during deployments, training, or other times when duty calls. 1 hr. class. **Call for class information 252-466-4637.**

### **-Family Retreat – Wing Chaplain Office**

Offers Families a time to reconnect and have fun and games and helps strengthen bonds. **Call for class information 252-466-5134**

### **-Five Love Languages – Date Night– Marine Corps Family Team Building & Base Chaplains**

Offered to service members and their date (spouse, girlfriend/boyfriend, significant other, partner, etc.) Based on the work of Dr. Gary Chapman, this class helps participants to identify their “Language” of love as well as their partner’s “Love Language.” By gaining this understanding, couples learn to appreciate their differences and how they can effectively express love to their partner and ask for love from their partner. This is an interactive class with couples learning and then immediately applying the new skills. 3 hr. course. **For class information call 252-466-4637.**

### **-4 Lenses - Marine Corps Family Team Building**

Diversity makes life interesting, but also causes misunderstanding and misconceptions. This class facilitates open lines of communication, reduces personal misunderstandings through self-assessment and provides tools to enable participants to positively interact with others.

Participants leave 4-Lenses with the ability to look at others with understanding. The principles you discover in this workshop will empower you to improve aspects of every relationship in your life. **2.5 hr. course. Call this number to register for the class. 252-466-4637**

**-4 Lenses for Couples – Date Night - Marine Corps Family Team Building**

Offered to service members and their date (spouse, girlfriend/boyfriend, significant other, partner, etc.) This interactive workshop allows participants to discover the different ways that we view family and relationships and how to: resolve conflicts, clarify expectations, increase love and intimacy and build mutually rewarding relationships. The principles covered in this workshop empower participants to improve aspects of every relationship in their lives. **3 hr. course. Call this number to register for the class. 252-466-4637**

**-LINKS for Families (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills) Marine Corps Family Team Building**

L.I.N.K.S. (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills) for Spouses, Marines, Couples, Kids, Teen/Tweens, and Parents: Want to know more about the Marine Corps? This is an interactive acculturation program to Marine Corps life and the local installation. Participants learn about Marine Corps history, traditions, and rank structure as well as local installation resources, services and benefits, military pay, separation and deployment, moving in the military, communication styles, and the importance of investing in the community. This is a great opportunity to meet other Marine Corps spouses, get involved and learn all that the military life has to offer. 1-day 0900-1630 or 2-day 0900-1230 each day. **Call this number to register for any of the classes. 252-466-4637**

**-Marine Corps Etiquette 101 - Marine Corps Family Team Building**

This workshop is for family members who will be attending official functions and activities such as the Marine Corps Birthday Ball. Appropriate attire, dining etiquette, customs and courtesies of Marine Corps ceremonies and conversation/communication tips and guidelines are all addressed during this workshop. 1 hr. course. **Call this number to register for the class. 252-466-4637**

**-New Parent Support Program**

-**Home visits** - Family and parenting interests discussed in the privacy of your home. Information provided through curriculum guide and personalized parenting goals.

\*\***Introduction to Nurturing Parenting Classes** - Provides learners with a look at their parenting strengths and areas of interest they may wish to pursue in Nurturing Parenting Home Visits.

\*\***Parents As Teachers** - Activities and Information to help your child develop from birth through age five.

\*\***Infant Massage** – Learn infant massage techniques for your baby.

-**Baby Boot Camp**– Provides participants with “hands on” learning about what to expect in the first three month of life for whole family with a new baby.

-**Belly Basics Class**– Provides information to those who are newly pregnant. Tips on nutrition, managing discomfort, what to expect throughout pregnancy and self-care are taught.

-**The Birth Experience**– Provides specific information during late pregnancy to assist couples with an overview of tools and coping strategies for late pregnancy, labor and delivery.

-**Call Brenda Mitchell, RN, Program Manager 252-466-3651 [Brenda.mitchell@usmc-mccs.org](mailto:Brenda.mitchell@usmc-mccs.org)**

### **-Triple P, Positive Parenting Program, Behavioral Health Branch, Marine & Family Programs**

Triple P has helped hundreds of thousands families around the world deal with issues ranging from temper tantrums to disobedience, bedtime dramas to homework battles, schoolyard bullying to teenage rebellion. The goal of Triple P is to enhance the knowledge, skills, and confidence of parents in order to prevent behavioral, emotional, and developmental problems in children and adolescents. There are five different developmental periods that are targeted from infancy to adolescence. At each developmental period, the range of the program can be either broad and target the entire population or it can be specific and target only at-risk children. The program addresses social contexts that influence parents' daily life: mass media, primary health care services, child care and school systems, work sites, religious organizations, and the broader political system So you can be sure that whatever your parenting needs – no matter how simple or how complex – Triple P can help. This course is offered as a lunch & learn so feel free to bring your lunch with you! **First Monday of the Month, 1100-1200, Bldg. 232, for class information call 252-466-3264. (T & E Building as a temporary location call 252-720-4283 for specifics!)**

### **► Health Promotion and Education**

#### **-Active Duty Weight Management Class – Naval Health Clinic Cherry Point**

Focused on being Active Duty with unique physical fitness requirements and dealing with weight management. Learn about eating for performance, muscle building and the use of supplements. Classes are 1<sup>st</sup> Thursday of month 1000-1130 in the Wellness classroom of the Naval Clinic. Unit briefs or nutrition classes given upon request. **Taught by Ms. Michelle Amber (Registered Dietician)** [michelle.l.amber.civ@mail.mil](mailto:michelle.l.amber.civ@mail.mil) or call to enroll 252-466-0921.

#### **-Carbohydrate Counting Class - Naval Health Clinic Cherry Point**

Diabetes & weight management by counting carbs. Classes are 3<sup>rd</sup> Tuesday of the month from 1300-1500 in the Wellness classroom of the Naval Clinic. **Taught by Ms. Michelle Amber (Registered Dietician)** [michelle.l.amber.civ@mail.mil](mailto:michelle.l.amber.civ@mail.mil) or call to enroll 252-466-0921.

#### **-Diabetes Self-Management Class- Wellness Department, Naval Health Clinic Cherry Point**

What is Diabetes and how to eat, exercise and live with it. A good class for patients and family members of diabetic patients. Classes are held the 1<sup>st</sup> Tuesday of the month, 1300-1500 in the Wellness classroom of the Naval Clinic. **Taught by Ms. Michelle Amber (Registered Dietician)** [michelle.l.amber.civ@mail.mil](mailto:michelle.l.amber.civ@mail.mil) or call to enroll 252-466-0921.

#### **-Health Education Classes/Briefs – Semper Fit, Health Promotion Program**

Nutrition, Physical Fitness, Chronic Disease Prevention (Diabetes, Hypertension, Cholesterol, Men's and Women's Health, etc.), Injury Prevention, Sexual Health, Weight Management, Tobacco Use Prevention and Cessation. **To schedule classes (minimum of 10 people) go to** <https://mccscherrypoint.com/semper-fit/promotion-education/>, contact Vicky Lee [vicky.lee@usmc-mccs.org](mailto:vicky.lee@usmc-mccs.org) or 252-466-6467/6474

#### **-Health Screenings/Assessment/Nutrition Counseling - Semper Fit, Health Promotion Program**

Body Fat Assessment, General Health Screening (includes vitals, body fat, lipids, glucose, BMI), Lipids Screening (includes total cholesterol, HDL, LDL, triglycerides), Total Cholesterol Screening, Glucose Screening, Bone Mineral Density (BMD) Test, RMR (Resting Metabolic Rate) Testing. (Cost applies for some tests/classes for dependents.) Appointments can be made on line at <https://mccscherrypoint.com/semper-fit/health-screenings/>, contact **Annette Williams** [ombcpohealth@usmc-mccs.org](mailto:ombcpohealth@usmc-mccs.org) or **252-466-6467**.

**-HITT (High Intensity Tactical Training) - Semper Fit, HITT**

The primary purpose of the High Intensity Tactical Training (HITT) Program is to enhance fitness levels and optimize combat readiness and resiliency. By implementing the latest cutting edge training methods and fundamental scientific principles, the HITT program focuses on enhancing athleticism for today's tactical athlete. <https://mccscherrypoint.com/semper-fit/tactical-training-hitt/>, Contact **Carrie Simonson Barrow** [carrie.l.simonson@usmc-mccs.org](mailto:carrie.l.simonson@usmc-mccs.org) or **252-466-7201**

**-Semper Fit Special Events - Semper Fit, Health Promotion Program**

Road races, color runs, virtual runs, sprint triathlon, etc. See: <http://mccscherrypoint.com/semper-fit/special-events/>, Contact **Berna Crosby** [Bernadine.crosby@usmc-mccs.org](mailto:Bernadine.crosby@usmc-mccs.org) or **252-466-2208**

**-"ShipShape" Weight Management Class – Wellness Department, Naval Health Clinic Cherry Point**

The program provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight. ShipShape is an 8-week program that presents a healthy and permanent approach to weight loss and is designed for all adults who may be overweight. It can assist active duty members in meeting body composition standards as well as being an appropriate intervention for family members, retirees, government or contract employees who exceed healthy body weight or have weight-related health problems. There is no fee to attend this class and it offered two to three times each year. Classes are offered weekly for six weeks in the Wellness classroom of the Naval Clinic. **Call/email to register and get current course dates and online resources. Ms. Paula Pendrick, 252-466-0277, [Paula.a.pendrick.ctr@mail.mil](mailto:Paula.a.pendrick.ctr@mail.mil)**

**-Sleep Hygiene – Cognitive Behavioral Therapy for Insomnia – Behavioral Health Clinic, Naval Health Clinic Cherry Point**

Learn about sleep, insomnia and non-medication based methods to treat it. Aimed to help change sleep habits as well as misconceptions about sleep and insomnia. **(Active Duty Only)**. A 5-week program given on Thursdays from 1400-1500 in the Behavioral Health (3<sup>rd</sup> floor) classroom. **-Call/email to register and get course dates. Brandon Kapfhamer 252-466-0500, [Brandon.d.kapfhamer.mil@mail.mil](mailto:Brandon.d.kapfhamer.mil@mail.mil)**

**-Tobacco (Nicotine) Cessation/Prevention or Awareness Classes – Wellness Department, Naval Health Clinic Cherry Point** The class utilizes the American Cancer Society's FreshStart Program. Can interface with medical providers to get tobacco cessation medications free from the Naval Health Clinic's Pharmacy. Individual one-on-one, group or couples instruction can be requested. Unit nicotine awareness briefs given upon request. A group class is scheduled every week for all new students requesting help with nicotine cessation. Taught in the Wellness classroom, every Tuesday from 1000-1100. **Call/email Ms. Paula Pendrick, at 252-466-0277; [Paula.a.pendrick.ctr@mail.mil](mailto:Paula.a.pendrick.ctr@mail.mil) to register.**

**► Life skills/Resiliency Training**



**-Basic & Emergency Auto Care - Marine Corps Family Team Building**

This workshop is taught by Automotive Service Excellence (ASE) certified technicians. As the title suggests, the technicians explain basic auto maintenance in this interactive and hands-on workshop. They cover a wide range of topics from routine preventative maintenance, such as changing your oil, to basic emergency situations like how to change a flat tire. *\*Workshop is open to participants who are 14 and older. Under 18 must be accompanied by parent or legal guardian.* (Max participation of 12 people) **2 hr. course. Call this number to register. 252-466-4637.**

**Biofeedback - Community Counseling Program:** Biofeedback uses electronic sensors to monitor the body's automatic biological responses. It supports individuals with maintaining control over certain physiological functions, cognitive processes and emotional states. This occurs by receiving easy to interpret feedback as it relates to mind and body interactions. The Community Counseling Program uses the Inner Balance application, along with em-Wave and em-Wave Pro devices, to support clients in developing greater awareness of their heart rate variability and breathing patterns. Licensed mental health providers work with clients to learn how to use and interpret information output from the device. Clinical staff and clients develop a plan for integrating behavioral interventions with biofeedback to achieve goals and sustain wellness. Education and training is offered in group and individual settings. **If you are interested in learning more about this service, please contact Community Counseling Program at 252-466-3264.**

**-Century Anger Management – Behavioral Health Branch, Marine & Family Programs**

This class seeks to identify sources of anger and presents strategies for managing anger in healthy ways. Anger can be a normal and healthy emotion that helps us instinctively detect and respond to a threatening situation. When anger is properly channeled, it can be a powerful motivating force. Emotion that gets out of control however, can lead to; stress, distress, unhealthiness and unhappiness. Uncontrolled anger can seriously harm your personal and professional life, because it can become incredibly destructive – to yourself and the people around you. Anger management classes assist in the restructuring of a person's cognitive processes during confrontational, frustrating, or upsetting situations. In order to calm aggression and anger, an instructor teaches coping strategies and relaxation techniques which instruct an individual how to respond in certain situations. -Wednesday: 0900-1100; **Family Advocacy Office, Bldg. 232, Corner of 4th & E streets, 252-466-3264 (Station Chapel is temporary location)**

**-Realistic Communication Classes – Behavioral Health Branch, Marine & Family Programs**

Effective communication is a skill that transcends the military lifestyle and can assist in all facets of life. This workshop can help improve the way you communicate with the people around you whether they are family, friends, military or civilian. Becoming a good communicator can improve your performance and strengthen your relationships. **2 hr. class. Call this number to register for the classes. 252-466-4637**

**-Conflict Management – Marine Corps Family Team Building**

To some extent, conflict is a part of everyone's life. This workshop is designed to address interpersonal conflict and make you more aware of your response when faced with conflict. We explore techniques that empower you to make effective and healthy choices, which can help diffuse confrontational situations. **2 hr. class. Call this number to register for the class. 252-466-4637**

**-FOCUS (Families OverComing Under Stress) Resilience Training for Couples & Families**

FOCUS (Families OverComing Under Stress) provides resiliency training to both couples and families. FOCUS services are offered for the individual couple or family unit vs. in a group setting. Couples and families enrolled in FOCUS might be facing transitions such as deployment or new blended families. Other couples and families participate in FOCUS to enhance their communication, emotional regulation, and problem solving skills to develop a closer, more cohesive family. The program is generally completed in six to eight sessions. FOCUS also offers group psycho education or briefs. - **Kim Morris, Family Resiliency Trainer, 910-330-7268, [cherrypoint@focusproject.org](mailto:cherrypoint@focusproject.org) Website: [www.focusproject.org](http://www.focusproject.org) Facebook: [www.facebook.com/FOCUSresiliencytraining](http://www.facebook.com/FOCUSresiliencytraining)**

**-LINKS for Families (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills) Marine Corps Family Team Building**

L.I.N.K.S. (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills) for Spouses, Marines, Couples, Kids, Teen/Tweens, and Parents: Want to know more about the Marine Corps? This is an interactive acculturation program to Marine Corps life and the local installation. Participants learn about Marine Corps history, traditions, and rank structure as well as local installation resources, services and benefits, military pay, separation and deployment, moving in the military, communication styles, and the importance of investing in the community. This is a great opportunity to meet other Marine Corps spouses, get involved and learn all that the military life has to offer. 1-day 0900-1630 or 2-day 0900-1230 each day. **Call this number to register for any of the classes. 252-466-4637**

**-LINKS for Marines (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills) Marine Corps Family Team Building**

This workshop provides the essentials that every Marine needs to make the most of his or her military journey. We don't teach Marines how to be Marines. We just remind them of the resources and benefits they or the Marine to the left or right of them may need. Subject matter experts, such as the Chaplain and Career Planner, are invited to facilitate these discussions. 4 hour class. **Call this number to register for any of the classes. 252-466-4637**

**-LINKS for Mentors (Lifestyle, Lifestyle Insights, Networking, Knowledge, Skills) Marine Corps Family Team Building**

The backbone of L.I.N.K.S. are hardworking volunteers and Mentors who selflessly give their time to the Marine Corps community by welcoming new families to the installation as well as new families to the Corps. This training equips Mentors to represent MCFTB's L.I.N.K.S. program in a professional fashion. *\*MCFTB provides mileage reimbursement and tracks volunteer hours to certified L.I.N.K.S. Mentors.* 4 hour class. **Call this number to register for any of the classes. 252-466-4637**

**-Military One Source:** A confidential, free, 24/7 service facilitating counseling, financial guidance, spouse careers, relocation assistance, child care, deployment support, etc. It offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life. **Call 1-800-342-9647 <https://www.militaryonesource.mil/>**

### **-Resiliency Training Day sponsored by the Chapel and supported by CREDO**

Send your Marines/Sailors to this one-stop shop for building resiliency skills. Training includes presenters from mental/behavioral health, MCCS/MFT Building, MFLCs, and Station and Wing Chaplains, and focuses on building skills into our identified Marines. Topics: how we are wired to handle stress, safe alcohol use, thinking strategically for success, anger management, effects of role changes in life, using biofeedback, and mindfulness. **Offered every other month on 2nd Wednesday (for 2019 Feb, Apr, Jun, Aug, Oct, Dec). Call Wing Chaplains Office to register 252-466-3314.**

### **-Safe & Sound – Home/Fire - Marine Corps Family Team Building**

PMO and Fire Prevention professionals will educate the class about maintaining their personal and home safety. Tips on fire and home safety will be provided. **LifeSkills Trainer 252-466-7562; L.I.N.K.S. Call this number to register for any of the classes. 252-466-4637.**

## **► Marriage/Relationships**

### **-CREDO – Marriage Enrichment Retreat – Wing Chaplain Office**

Voluntary program for active duty members and their spouses covering: Effective communication methods, commitment and forgiveness, goal setting, keeping fun, friendship & sensuality alive, problem solving, coping with miscommunication, Dealing with hot & hidden issues. **This course is organized through Camp Lejeune but it is partnered with the Wing’s Chaplain Office. Call 910-451-8792 or go to [www.mccslejeune-newriver.com/credo/](http://www.mccslejeune-newriver.com/credo/) to register.**

### **-Five Love Languages – Date Night– Marine Corps Family Team Building & Base Chaplains**

Offered to service members and their date (spouse, girlfriend/boyfriend, significant other, partner, etc.) Based on the work of Dr. Gary Chapman, this class helps participants to identify their “Language” of love as well as their partner’s “Love Language.” By gaining this understanding, couples learn to appreciate their differences and how they can effectively express love to their partner and ask for love from their partner. This is an interactive class with couples learning and then immediately applying the new skills. 3 hr. course. **For class information call 252-466-4637.**

### **-4 Lenses - Marine Corps Family Team Building**

Diversity makes life interesting, but also causes misunderstanding and misconceptions. This class facilitates open lines of communication, reduces personal misunderstandings through self-assessment and provides tools to enable participants to positively interact with others. Participants leave 4-Lenses with the ability to look at others with understanding. The principles you discover in this workshop will empower you to improve aspects of every relationship in your life. **2.5 hr. course. Call this number to register for the class. 252-466-4637**

### **-4 Lenses for Couples – Date Night - Marine Corps Family Team Building**

Offered to service members and their date (spouse, girlfriend/boyfriend, significant other, partner, etc.) This interactive workshop allows participants to discover the different ways that we view family and relationships and how to: resolve conflicts, clarify expectations, increase love

and intimacy and build mutually rewarding relationships. The principles covered in this workshop empower participants to improve aspects of every relationship in their lives. **3 hr. course. Call this number to register for the class. 252-466-4637**

### **-Marriage Counseling and /or Weddings**

Station Chaplain:

Station Deputy Command Chaplain: CDR Ben Sandford

Memorial Chapel, Bldg. 100 E Street, **To register call 252-466-4000**

**-Prevention Relationship Enhancement Program (PREP) 8.0 - Marine Corps Family Team Building** – This program is designed to help couples achieve their goals in relationships. The curriculum builds on the existing strengths of the couple by adding critical life and relationship skills to create safer, more stable relationships, and by extension, better environments for their children. **Call this number to register for the class. 252-466-4637**

### **-The 3 Keys to Successful Relationships - Marine Corps Family Team Building**

This workshop focuses on the Three Keys to Successful Relationships. These Keys can help you focus on positive and productive things to keep your relationship happy and healthy. The first Key is Do Your Part. We all know that there are things that are under our control and things that are not. This Key helps couples focus and act on what is under their control and things that are not. The second Key is Decide, don't Slide. In all areas of life, people tend to do better when they think through their choices instead of Sliding into unanticipated and/or unintended consequences. The third Key is Make it Safe to Connect. Participants will learn that physical, emotional and commitment safety are foundational to a healthy relationship. **1.5 hr. class. Call this number to register for the class. 252-466-4637**

### **-Danger Signs & Time Out - Marine Corps Family Team Building**

Research has shown that there are four patterns of communication that are particularly poisonous to relationships. This unit helps couples identify those four communication danger signs: invalidation, escalation, withdrawal, and negative interpretations. Then participants are taught how to ban the Danger Signs from their relationship by using skills such as Time Out that help “put the brakes” on negative communication habits. **1 hr. class. Call this number to register for the class. 252-466-4637**

### **-Anger & Stress - Marine Corps Family Team Building**

In this unit, focus in on the brain science of anger and stress, and will explore the many ways that unmanaged stress can impact relationships. Then, participants will learn strategies for decreasing the impact of anger and stress on the body and mind and identify ways they can work as a team to protect their relationship from the negative effects of anger and stress. (This workshop is NOT meant to target anger management specifically) **1 hr. class. Call this number to register for the class. 252-466-4637**

### **-The Speaker Listener Technique - Marine Corps Family Team Building (\*Prerequisite Danger Signs and Time Out.)**

This unit is about learning and practicing the Speaker Listening Techniques, a structured communication skill that works to minimize the Communication Danger Signs. The Speaker Listener Technique works so well because it slows down a conversation, keeping partners on

track and helping them listen carefully to each other during difficult conversations. When people use the Speaker Listener Technique, they are better able to talk about issues respectfully, increasing emotional safety. **1 hr. class. Call this number to register for the class. 252-466-4637**

**-Events, Issues & Hidden Issue - Marine Corps Family Team Building**

It can happen so quickly – something that seems trivial gets a big reaction. This unit gives participants a way to understand and deal with situations when deeper feelings break through to the surface of the relationship. Participants will learn the difference between the Events (the everyday happenings that trigger conflicts), the Issues (the problems we often argue about), and the Hidden Issues (these are fundamental human needs that, if not met, can fuel arguments, conflicts and distance.) **1 hr. class. Call this number to register for the class. 252-466-4637**

**-Fun & Friendship - Marine Corps Family Team Building**

Fun is not just fun; it is important to the individual's as well as the couple's well-being. Studies show that when individuals experience positive emotions (such as when they feel happy while having fun), their thinking is sharper, they solve problems better, and they are more confident in dealing with the challenges of life. This unit encouraged participants to recognize the value of having fun with their significant other. **1 hr. class. Call this number to register for the class. 252-466-4637**

**-Commitment - Marine Corps Family Team Building**

To have the best in life, one must choose what matters most to them and accept that it means giving up other choices. This unit explores two different kinds of commitment – Constraint Commitment (factors that make ending your relationship difficult) and Dedication Commitment (behaviors that make relationships strong). **1 hr. class. Call this number to register for the class. 252-466-4637**

**-Expectations - Marine Corps Family Team Building**

Expectations are beliefs about the way things should be – including beliefs and behaviors, roles, relationships, family, and many other things. Typically, how satisfied we feel is tied to what we think should be happening compared to what is actually going on. In this unit, participants will begin to explore what their expectations are for themselves and their relationship along with reflecting on whether these expectations are reasonable or not. **1 hr. class. Call this number to register for the class. 252-466-4637**

**-Problem Solving - Marine Corps Family Team Building**

Even the happiest couples have problems that need attention. In this unit, participants will learn to express their complaints about the little things respectfully. Also, they will practice the 4-step Problem Solving Model, taking the time to thoroughly investigate any underlying concerns before trying to come to a solution. **1 hr. class. Call this number to register for the class. 252-466-4637**

**-Road Mapping - Marine Corps Family Team Building**

Relationships are a journey. We each come into a relationship with a set of life experiences that have shaped who we are. Our life experiences influence how we function in a relationship – some for the better, and some for the worse. Participants will examine the

important milestones in their lives and think about how these milestones have shaped who they are in their relationships. **1 hr. class. Call this number to register for the class. 252-466-4637**

**-The Resilient Couple - Marine & Family Programs/Behavioral Health**

This popular workshop provides an interactive opportunity for relationship enhancement that offers a relaxing environment for exploration of individual and couple characteristics that promote resiliency. Facilitators will present educational materials and opportunities for practicing new skills. Lunch is provided and the day will conclude with an afternoon activity such as kayaking, yoga, couples cooking etc. In this workshop, couples will learn what it takes to be resilient and how to survive the unique stressors of a military relationship. Various techniques for communication, as well as strategies for healthy living and relationships will be discussed. Couples will learn ways to resolve conflict and overcome challenges.

**Workshop dates for 2019 are as follows; 15 March, 14 June, 13 September, 13 December. Please call 252-466-3264 for additional information & registration.**

**-Strong Marine Couples – Marine Corps Family Team Building (By Unit Request Only)**

This program addresses the effect of reintegration on a relationship, allows couples to assess the level of relationship satisfaction, and provides communication tools and resources. **Available upon request and for class information call 252-466-4637;**

<http://mccscherrypoint.com/programs/family-team-building/>

**-Together for Life - Base Chaplains**

\*Mandatory workshop for all active duty personnel under 26, planning to marry, assigned to MCAS Cherry point and tenant commands as directed by (AS01752.1A). Service member's NCO or higher must complete application. Application is online:

<https://www.cherrypoint.marines.mil/Offices/Chapel/Together-for-Life-Workshop/>

This is a marriage skills class to be completed, between 90 days before marriage to 90 days after. Topics include: Financial matters, Communication, Expectations, and More. **-Call 466-4000 for more information.**

**-Within my reach: unhealthy relationships - Behavioral Health Branch, Marine & Family Programs**

If you are stuck in an unhealthy relationship or just don't want to go down that road again. Maybe you just met someone special and want to make sure you don't fall too fast. If you had doubts about your relationship but didn't know what to do. This workshop is designed to help you get what you deserve out of relationships. Within My Reach (WMR) was built for individuals whether or not they are currently in a relationship. It does not assume that there is an existing, committed relationship that the participant definitely wants to stay in or that any relationship they are in already is healthy and safe. The focus of WMR is on making good choices in romantic relationships that are safe and healthy for adults and their children. It is offered monthly and is open to anyone. **Provided monthly; Call 252-466-3264 or 252-720-3283 for dates & to register; T&E building; Room 135. Offered the last Thursday and Friday of the month.**

**► Medical & Behavioral Health Counseling**

**-Cognitive Behavioral Therapy (CBT) – Behavioral Health Department, Naval Health Clinic Cherry Point**

Is a 5-week psycho-educational group that addresses dysfunctional thinking patterns. CBT is an empirically supported treatment that focuses on patterns of thinking that are maladaptive and the beliefs that underlie such thinking. CBT has been shown to be effective in treating issues related to depression and anxiety disorders. **(Active Duty Only)** Thursdays at 0830, 5 week program. **Call/email Michelle Nutter**

**[Michelle.m.nutter.ctr@mail.mil](mailto:Michelle.m.nutter.ctr@mail.mil); 252-466-0500 to register.**

**-Dialectic Behavioral Therapy (DBT) - Behavioral Health Department, Naval Health Clinic Cherry Point**

Emphasizing skill building in distress tolerance, interpersonal efficacy, emotion regulations, etc. **(Active Duty Only)** Mondays 0830-1000 12 week program. **Call/email Brandon Kapfhamer, [Brandon.d.kapfhamer.mil@mail.mil](mailto:Brandon.d.kapfhamer.mil@mail.mil); 252-466-0500 to register.**

**Internal Behavioral Health Consultant (IBHC) and Behavioral Health Care Facilitator (BHCF) – Naval Health Clinic Cherry Point**

Helps a patient develop practical knowledge and skills to promote and improve physical and emotional health. Common problems that the IBHC can help a patient improve functioning are; insomnia, chronic pain, GI problems, tobacco use, weight/diet, alcohol use, stress, anxiety, depression, grief or bereavement. This may include solution focused 20-30 minute consultation visits, with the intention of completing intervention in 4-6 visits.

**The Behavioral Health Care Facilitator (BHCF)** works with patients who have been prescribed medication for depression, anxiety and or PTSD to help support the Primary Care Manager (PCM's) treatment plan. This is accomplished through follow up phone calls, standard questions, goal setting and education about their medication, possible side effects, sleep hygiene, etc. Patients typically improve how they are feeling when linked with the IBHC and BHCF.

The Consultant and Nurse Facilitator will be found in both the Medical Homeport Clinic as well as the Warrior Wellness and Readiness (WWAR) clinic.

Medical Homeport patients - appointments can be made through the appointment line (252-466-0921) or by speaking with your PCM.  
WWAR Clinic patients - appointments can be made directly with the front desk, at (252-466-0309) or by speaking with your PCM.

**-Medication Class – Behavioral Health Department, Naval Health Clinic Cherry Point**

Everything you need to know about medications prescribed for anxiety, depression, PTSD trauma, etc. Open to all interested people! Tuesdays 0830. –**Call/email Laura Toot; [Laura.s.toot.ctr@mail.mil](mailto:Laura.s.toot.ctr@mail.mil) ; 252-466-0500 to register**

**-Men- Junior Group (Active Duty E1 – E6 only) Behavioral Health Department, Naval Health Clinic Cherry Point**

Adjustment to military life and life stressors. Thursdays 1100-1200. **Call/email Brandon Kapfhamer, [Brandon.d.kapfhamer.mil@mail.mil](mailto:Brandon.d.kapfhamer.mil@mail.mil); 252-466-0331 to register.**

**-Men- Senior Group (Active Duty E7 – Above only) Behavioral Health Department, Naval Health Clinic Cherry Point**

Adjustment to military life and life stressors. Wednesdays 1300-1400. **Call/email Brandon Kapfhamer, [Brandon.d.kapfhamer.mil@mail.mil](mailto:Brandon.d.kapfhamer.mil@mail.mil); 252-466-0331 to register.**

**-Outpatient Crisis Prevention Program (OCPP) – Behavioral Health Department, Naval Health Clinic Cherry Point**

Psycho-educational training course designed to enhance the coping skills and interpersonal effectiveness of active duty personnel. Open enrollment, no set cohort. Requires screening by the clinic before enrollment. **(Active Duty Only)** Tuesdays and Fridays from 1330-1430, 5 week program. – Call/email Pretrice Brown [Pretrice.c.brown.ctr@mail.mil](mailto:Pretrice.c.brown.ctr@mail.mil); 252-466-0500 to register.

**-Sleep Hygiene – Cognitive Behavioral Therapy for Insomnia – Behavioral Health Clinic, Naval Health Clinic Cherry Point**

Learn about sleep, insomnia and non-medication based methods to treat it. Aimed to help change sleep habits as well as misconceptions about sleep and insomnia. **(Active Duty Only)**. A 5-week program given on Thursdays from 1400-1500 in the Behavioral Health (3<sup>rd</sup> floor) classroom. –Call/email to register and get course dates. Brandon Kapfhamer 252-466-0500, [Brandon.d.kapfhamer.mil@mail.mil](mailto:Brandon.d.kapfhamer.mil@mail.mil)

**-Women’s Group (MST) – Behavioral Health Clinic, Naval Health Clinic Cherry Point** Process group for female service members who have experienced sexual trauma. **(Active Duty Only)** Fridays 1030-1200. Call/email Michelle Nutter [Michelle.m.nutter.ctr@mail.mil](mailto:Michelle.m.nutter.ctr@mail.mil); 252-466-0500 to register.

**► Non-Medical Counseling**

**-Community Counseling Program** – Individual, Couple and Family Counseling and Clinical Case Management for active duty service members, reservists, National Guard, Retirees and military family members. Services are provided by licensed clinicians. Call CCP Duty Clinician or CCP Clinical Supervisor at 252-466-3264

**-Core Strengths with Seeking Safety (Trauma Group) - Behavioral Health Branch, Marine & Family Programs-** Core Strengths with Seeking Safety is an evidence-informed, present-focused approach to help people attain healthy coping skills for management of trauma/PTSD symptoms. This group is open to individuals who have experienced a traumatic event at any point in life (physical/sexual abuse, extreme violence, combat related encounters etc.) Seeking Safety also attends to unhealthy substance abuse behaviors as it related to self-medication tendencies for managing thought and emotions related to trauma. The treatment design is flexible and may be conducted in both group and individual modalities for women and men. Seeking Safety has also been proved effective with people who have a trauma history, but do not meet full criteria for the diagnosis PTSD. Group meets weekly Wednesdays 1430-1600; Bldg. 232, 466-3264; **For info or to make a referral call Colleen Kenny 252-466-8367. ON HOLD AT THIS TIME DUE TO LOCALITY DISPLACEMENT FROM HURRICANE.**

**-DStress Line** - The Marine Corps DSTRESS Line provides a 24 hours a day, 7 days a week, anonymous phone and **chat** and referral service using a ‘Marine-to-Marine’ approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture. DSTRESS Line’s goal is to help callers improve total fitness and develop the necessary skills required to cope with the widely-varying challenges of life in the Corps 1-877-476-7734; <https://usmc-mccs.org/services/support/dstress-line/>; Available 24/7.



**-Family Advocacy - Behavioral Health Branch, Marine & Family Programs** Case management & victim advocacy for domestic or intimate partner abuse, rape, sexual assault, child abuse and/or neglect. **Times vary; call 252-466-4283**

**-Military & Family Life Counselors (MFLCS)-**

**--MAG 14**

-----VMA-223, 231, 542; VMAT-203; VMU-2. Call 919-353-2542

-----VMAQ-2; VMGR-252; Mag 14 PSD. Call 919-548-6963

-----MALS-14. Call 919-353-2543

**--MACG 28**

-----MASS-1; MACS-2; PSD. Call 919-608-7527

-----MWCS; MTACS; 2<sup>nd</sup> LAAD. Call 919-608-4797

**--MWSG 27.** Call 910-750-1473 until further notice.

-----Other MFLCs can be reached at 252-327-1733, 252-621-4975, 252-621-8002, 252-422-1972 or 252-621-0085.

**-Military One Source:** A confidential, free, 24/7 service facilitating counseling, financial guidance, spouse careers, relocation assistance, child care, deployment support, etc. It offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life. Call 1-800-342-9647 <https://www.militaryonesource.mil/>

**-Sexual Addiction Treatment - Behavioral Health Branch, Marine & Family Programs**

Sex Addiction Treatment Clients are provided treatment by a Certified Sex Addition Therapist (CSAT) in a safe, nonjudgmental & confidential setting to address issues related to sexual addiction and compulsivity. **Walk-in availability 0730-1600; Duty clinician & by appt. M-F 0730-1600, T-W-TH 0730-1900.** Call 252-466-3264 or ask for the duty clinician or contact Melissa Johnson at 252-466-8244

**-Substance Abuse Counseling Center (Assessment & Treatment) - Behavioral Health Branch – Substance Abuse & Prevention, Marine & Family Programs.** Substance abuse/dependence (*Early Intervention, Outpatient, Intensive Outpatient, Aftercare*) **Kimberly Knight, Program Manager, 252-466-4875, Admin - 252-466-7568** or contact your unit SACO/DAPA.

**► Pastoral Care & Spiritual Support & Fitness**

**Station Chapel & Chaplains:** CDR Ben Sandford

**-Memorial Chapel, Bldg. 100 E Street, 252-466-4000**

**-Programs: Together for Life (marriage workshop) and FPC Resiliency Workshop**

**-Catholic Mass** – Sunday mornings at 0900 in Memorial Chapel  
Tuesday, Wednesday, Thursday, and the first Friday at 1145 in St. Michael’s Chapel

**-Liturgical Protestant Service** – Sunday mornings at 0900 in Fellowship Chapel

**-Contemporary Christian Worship** – Sunday mornings at 1100 in Memorial Chapel  
**Children’s Church** – For ages 3-10 during the Contemporary Christian Worship sermon time

**2D MAW Chaplains**

- 2D MAW: 252-466-3376**
- MACG-28: 252-466-2957**
- MAG-14: 252-466-3690 or 252-466-6732**

**24/7 Chaplain Care Line: 252-229-7248**

**► Readiness and Deployment**

**-Bridging the Gap: Communicating for Deployment- Marine Corps Family Team Building**

A workshop designed for individuals who want to learn ways to communicate effectively and maintain an intimate connection with their partner during a deployment. Offered upon request for units, service members and families. **Family Readiness Program Trainer; 252-466-5779; Readiness & Deployment Support 252-466-4908.**

**-Deployment Readiness Coordinators (DRCs)**

- MWSG-27, MWSS 274/271: 252-720-3081**
- MACG-28, MWCS-28 and MASS-1: 252-466-5828**
- 2ndLAAD, MTACS-28, MACS-2: 252-466-5405**
- VMU-2, VMA-223, VMAT-203: 252-466-7680**
- VMA-231, MWHS-2: 252-466-7517**
- MAG-14, VMGR-252: 252-466-5469**
- 542: 252-466-7395**

**-Deployment Support Training**

**-Pre-Deployment (30 days before) - Marine Corps Family Team Building**

This workshop highlights key areas of personal and family preparation for single Marines, married Marines and their families. Suggestions for personal and family preparation include important documents, emergency communication, money management, operational security, sources of assistance and information and referral. **<1 hr. class. Call for class information 252-466-4637.**

**-Mid-Deployment: Deployment Success (2-4 months in) - Marine Corps Family Team Building**

This workshop is designed to promote deployment success for the spouse or significant other at home and includes suggestions for fun things to do, goal setting and resources. This is a great opportunity to assess progress thus far, get new ideas for continued success and network with other Marine Corps spouses and significant others. Activities are fun and related to encouraging healthy outlets for military spouses such as exercising, eating healthy and engaging in positive community outlets. **<1 hr. class. Call for class information 252-466-4637.**

**-Kids & Deployment - Marine Corps Family Team Building**

This workshop is designed to promote deployment success for kids, including reactions to deployments, ways parents can help their kids feel connected to the deployed parent and resources to further help you and your child thrive during deployment. **1.5 hr. class. Call for class information 252-466-4637.**

**-Return & Reunion (30 days before) - Marine Corps Family Team Building**

This workshop is for spouses, significant others and extended family members who are preparing for the return of their Marine. This workshop is designed to prepare participants for the successes and challenges of reunion and reintegration. Ideas for communication and what plans to make before the marine returns are discussed. This would be the ideal time for a command representative to share possible return dates and any additional information. **<1 hr. class. Call for class information 252-466-4637.**

**-Reintegration: Strong Marine Couples (Post-Deployment – 45-60 days after) - Marine Corps Family Team Building**

This educational workshop provides a forum for couples to assess their recent deployment experience, address the effect of reintegration on a relationship, and assess the level of relationship satisfaction. Couples are also provided communication tools and resources to use on a daily basis to strengthen their relationship. **1.5 hr. class. Call for class information 252-466-4637.**

**-Emergency Binder (Deployment Preparation Binder Making Workshop) - Marine Corps Family Team Building**

Preparedness is the key to being mission ready, not just for Marines but for families too! Create your own Emergency Binder for your legal documents, finances, personal property, and more. Gain tips and insights to get and stay organized with your family & medical records, legal documents, finances, and housing forms. MCFTB provides the binder as well as all the templates you will need to create your family's Emergency Binder. **1 – 2 hr. class. Call for class information 252-466-4637.**

**-Family Care Plan - Marine Corps Family Team Building**

Offered only by request, this session is ideal for all service members required by MCO1740.13C to create and maintain a Family Care Plan. A Family Care Plan is an essential part of military readiness as it provides care for those who depend on their Marine. This class explains the significance of a Family Care

Plan, why it is important to update it, what items should be included and resources that are available to assist in preparing a plan. Having a Family Care Plan in place helps Marines focus on their job and mission during deployments, training, or other times when duty calls. **1 hr. class. Call for class information 252-466-4637.**

**-Family Readiness Assistant and Command Team Advisor Training- Marine Corps Family Team Building (with Command Team Training, PII, and OPSEC):** The Command Team Advisor and Family Readiness Assistant course is designed to orient and guide new Command Team Advisors and Family Readiness Assistants. **Family Readiness Program Trainer; 252-466-5779; Readiness & Deployment Support 252-466-4908.**

**-Kids in the Midst and In the Midst for Adults- Marine Corps Family Team Building (Only by Request)**  
Two separate workshops designed to sustain family members during a deployment as well as assist them in attaining & maintaining a state of resiliency and stability regardless of the deployment cycle of the unit. Children (ages 4-18) and adults are able to understand the importance of taking care and focusing on themselves. **Family Readiness Program Trainer; 252-466-5779; Readiness & Deployment Support 252-466-4908.**

**-Kids-N-Reunion and Return and Reunion- Marine Corps Family Team Building**  
Is a structured workshop that delivers the tools needed for children & parents to positively and successfully adjust to the return of the deployed parent/s. Parents & family members attend their own workshop that runs concurrently with children's. **"Return and Reunion" for Spouses** is an interactive workshop that discusses the expectations and challenges associated with the return of the deployed spouse. **Family Readiness Program Trainer; 252-466-5779; Readiness & Deployment Support 252-466-4908.**

**-Marine and Family Pre-Deployment Brief- Marine Corps Family Team Building**  
**Marine and Family Pre-Deployment Brief:** deployment stress, coping tips, TRICARE, power of attorney, Military OneSource, communication, mail (postal), children & deployment, resources available. **Family Readiness Program Trainer; 252-466-5779; Readiness & Deployment Support 252-466-4908.**

**-"On Point" Resources- Marine Corps Family Team Building**  
Held quarterly, "On Point" provides an in-depth view into some of the resources available to you here at Cherry Point. Each session consists of four speakers from different programs on base who will discuss changes to their department or exciting events. **Family Readiness Program Trainer; 252-466-5779; Readiness & Deployment Support 252-466-4908.**

**-Personal Growth Retreat- Wing Chaplain Office**  
Provides opportunities to gain self-esteem & self-understanding, learn to respect self & others, accept responsibility, and develop healthy spirituality. **Call Wing Chaplain Office 466-3376/5134. See Camp Lejeune site: 910-451-2900/2976, [http://www.usmc-mccs.org/MCFTB/CREDO/credo\\_main.asp](http://www.usmc-mccs.org/MCFTB/CREDO/credo_main.asp) or <http://www.chaplaincare.navy.mil/index.htm>**

**-Unit Personal & Family Readiness Program Training (UPFRPT) - Marine Corps Family Team Building**

**-Command Team Training –Marine Corps Family Team Building**

This training is required for all members of the Unit Personal & Family Readiness Command team (CO, XO, SgtMaj, Chaplain, DRC/URC, Single Marine Representative, and Command Team Advisor). Program requirements such as roles and responsibilities, Command Team functions, communications and funding are covered. All members must repeat the training following a Change of Command. In addition, open session as well as unit specific sessions can be scheduled. **3 hr. class. Call for class information 252-466-4637.**

**-Deployment Readiness Coordinator (DRC) Training – 5 day training - Marine Corps Family Team Building**

**-Uniform Readiness Coordinator (URC) Training – 3 day training - Marine Corps Family Team Building**

This class is only available to DRC & URC. The training familiarizes the DRC/URC with their role, responsibilities and operating components within the Unit, Personal and Family Readiness Program. Through interactive scenarios, DRC/URC learn how to tap into the resources of the UPFRP and other resources provided by military and MCCA programs. It also addresses the tasks, activities, and events that must be completed by the DRC/URC and Family Readiness Command Team during pre-, mid-, and post-deployment. **Call for class information 252-466-4637.**

**-Family Readiness Command Team Advisor (FRCTA) & Family Readiness Assistant (FRA) Training –Marine Corps Family Team Building**

Volunteering with a Command Team can seem daunting, but it does not have to be. This training demystifies those fears and guides appointed volunteers and any designated family member who is considering volunteering with the program in their roles and responsibilities. Those in attendance discuss topics such as confidentiality, communication, resources, and mentorship. **3 hr. class. Call for class information 252-466-4637.**

**-Commanding Officer & Senior Enlisted Spouse Training –Marine Corps Family Team Building**

Looking for a place where Commanding Officer Spouses and Senior Enlisted Spouses can come together to discuss how they can best support one another, command teams, and other spouses on the installation? Utilizing discussions and interaction, participants brainstorm how to effectively help and mentor others and provide support to the installation and units. **3 hr. class. Call for class information 252-466-4637.**

**-Personally Identifiable Information/Operations Security Training (PII/OPSEC) - Marine Corps Family Team Building**

As a Command Team volunteer, this workshop is required on an annual basis. This affords the volunteer the ability to serve as a designated command representative with knowledge and understanding of PII/OPSEC as it pertains to keeping Marines and their families safe. **2 hr. class. Call for class information 252-466-4637.**

**-Volunteer Management Training and Passport to Volunteering - Marine Corps Family Team Building.** These classes are designed to give you to the tools you need to successfully manage volunteers and to provide volunteer training opportunities. These classes are offered quarterly. **Family Readiness Program Trainer; 252-466-5779; Readiness & Deployment Support 252-466-4908.**

## **► Recreation & Enhanced Quality of Life and Morale**

**-Cherry Point Single Marine Program (SMP) (includes Sailors too):** [www.smp.mccscherrypoint.com](http://www.smp.mccscherrypoint.com); The program includes a variety of volunteer opportunities, events, and trips (local and destination) to fit a multitude of interests and schedules. Volunteer opportunities are open to ALL active duty service members and their guests, regardless of marital status, rank, or branch of service. The primary mission and focus of the Single Marine Program are to enhance the Quality of Life (QOL) and improve the morale and well-being of all Single and Unaccompanied Service Members stationed aboard MCAS Cherry Point, to include programming for active duty single parents. The Roadhouse Recreation Center, home of the SMP, houses a variety of recreational activities and equipment, TVs, special events, tournaments, movie theatre, food and beverage, and is open to all authorized base patrons. Jen Merlo (SMP Coordinator) [krivohlavyJL@usmc-mccs.org](mailto:krivohlavyJL@usmc-mccs.org) 252-420-7351. SMP Front Desk: 252-466-3027

## **► Stress Management**

**-DStress Line -** The Marine Corps DSTRESS Line provides a 24 hours a day, 7 days a week, anonymous phone and **chat** and referral service using a ‘Marine-to-Marine’ approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture. DSTRESS Line’s goal is to help callers improve total fitness and develop the necessary skills required to cope with the widely-varying challenges of life in the Corps 1-877-476-7734; <https://usmc-mccs.org/services/support/dstress-line/>; **Available 24/7.**

### **-Stress Management Class - Behavioral Health Branch, Marine & Family Programs**

This workshop focuses on identifying the sources of stress, emotional and physical responses, and developing coping techniques. Stress management training helps marines/sailors better manage stress. Too much stress is one of the most common causes of health problems. It can also cause mental distress that leads to serious illness and to distractions that can jeopardize safety on and off the job. This class helps trainees identify the causes of stress, recognize the different types of stress, understand how stress affects them, and manage stress effectively both on and off the job. **(A unit specific brief) 252-466-3264 or 252-720-3283.**

### **-Taste of Focus (Stress Management Class) – Naval Health Clinic & FOCUS Trainer**

Coping skills to reduce anxiety, emotional regulation and handle life’s issues. Open to all! **Presented quarterly on the 2<sup>nd</sup> Thursday of the month (January – April – July – October) 1100-1200; Mary McKnight, [Mary.b.mcknight2.ctr@mail.mil](mailto:Mary.b.mcknight2.ctr@mail.mil); 252-466-0463 or Kim Morris, Family Resiliency Trainer, 910-330-7268, [cherrypoint@focusproject.org](mailto:cherrypoint@focusproject.org); Website: [www.focusproject.org](http://www.focusproject.org) Facebook: [www.facebook.com/FOCUSresiliencytraining](http://www.facebook.com/FOCUSresiliencytraining)**

### **-Transforming Stress - Marine Corps Family Team Building**

This workshop helps us understand what stress is and how it affects our lives. You learn how to identify your personal stress triggers by recognizing your body's stress reaction. After gaining a better understanding of what your stress triggers are, we discuss strategies to help you transform the effects of stress in your life. (Max participation of 20 with biofeedback equipment) covers specific stressors faced in life, typical stress reactions, and mechanisms for coping effectively with stress. **Call this number to register for the classes. 252-466-4637**

### **► Substance Abuse, Addictions & Prevention**

**-Alcohol Abuse Prevention Program - Behavioral Health Branch – Substance Abuse & Prevention, Marine & Family Programs.** Alcohol use education and abuse prevention. Primary focus is on teaching low risk choices that protect personal values and increase mission readiness. **Brent Baker, 252-466-4875**

**-After Care Group - Substance Abuse & Prevention.** Substance Abuse after care group. **Call 252-466-7568 to sign up.**

**-Drugs Demand Reduction Program (Prevention) - Behavioral Health Branch – Substance Abuse & Prevention, Marine & Family Programs.** Substance use education and abuse prevention. Briefs & classes by request. **Roland Winston & Chuck Swanson 252-466-8413/4875.**

**-Prime for Life – Early Intervention - Behavioral Health Branch – Substance Abuse & Prevention, Marine & Family Programs.** Evidence-based substance abuse prevention course that focuses on developing skills for protecting personal values. The course utilizes an interactive atmosphere to provide substance use education and allows participants to examine their own alcohol and drug use behaviors. 16-hour course & 4.5-hour course. **Brent Baker. 252-466-4875**

**-Substance Abuse Counseling Center (SACC) (Assessment & Treatment) - Behavioral Health Branch – Substance Abuse & Prevention, Marine & Family Programs.** Substance abuse/dependence (*Early Intervention, Outpatient, Intensive Outpatient, Aftercare*) **Kimberly Knight, Program Manager, 252-466-4875, Admin - 252-466-7568 or contact your unit SACO/DAPA.**

**-Tobacco (Nicotine) Cessation/Prevention or Awareness Classes – Wellness Department, Naval Health Clinic Cherry Point** The class utilizes the American Cancer Society's FreshStart Program. Can interface with medical providers to get tobacco cessation medications free from the Naval Health Clinic's Pharmacy. Individual one-on-one, group or couples instruction can be requested. Unit nicotine awareness briefs given upon request. A group class is scheduled every week for all new students requesting help with nicotine cessation. Taught in the Wellness classroom, every Tuesday from 1000-1100. **Call/email Ms. Paula Pendrick, at 252-466-0277; [Paula.a.pendrick.ctr@mail.mil](mailto:Paula.a.pendrick.ctr@mail.mil) to register.**

### **► Suicide Prevention**

**RACE/Columbia Suicide Severity Rating Scale (CSSRS) Training - Marine & Family Programs/Behavioral Health:**

30 minute training with CCP/MIP or other identified staff. Training is for the layperson and does not require professional or specialized clinical knowledge. An overview of risk factors and instruction on how to ask specific questions regarding suicidal thinking and behavior. Furthermore, participants will receive guidance on what to do when someone is suicidal including what to say, who to contact and where to escort. This training is geared for marines and sailors of any rank can be scheduled by request to be facilitated at the unit or other location. The requestor will be responsible for coordinating the brief. **Call for times. 252-466-3264**

**Columbia Suicide Severity Rating Scale (CSSRS) - Marine & Family Programs/Behavioral Health:**

90 minute training with CCP/MIP staff. This training is for the layperson and does not require professional or specialized clinical knowledge. Participants can expect exposure to theoretical frameworks associated with suicide, current statistics and evidence based means for asking if someone is suicidal. This interactive experience includes discussion, role play activities using new skills and instructor guidance to promote increased competence and capability. This training also expands on the benefits of accurate suicide screening as it pertains to correspondence with competent medical authority (CMA) to ensure the CMA has accurate information to further assessment and access to the appropriate level of care. This training targets gatekeepers such as senior leaders, duty officers (Wing Order 6520.2), SPPOs, UMAPIT/MAPIT trainers, UVAs and anyone interested in learning more on the topic. Participants who take this training will receive the information and skills necessary for conducting small unit training activities associated with suicide prevention, RACE and CSSRS brief screener. Certificates will be provided. **Call for training. 252-466-3264**

**National Suicide Prevention Lifeline**

For veterans, crises can be heightened by their experiences during military service. If you're a veteran or service member and in crisis, these resources can help. A good site to ask for help, find a support group or learn how to help a loved one.

<https://suicidepreventionlifeline.org/help-yourself/veterans/> or call 1-800-273-8255

**► Transition and/or Retirement Support**

**-Education Office (MCCS)** - Multiple resources for testing, higher education prep courses, AFLOAT education, VA Education Benefits and multiple sites for education and skills programs.

Call 252-466-3500, T & E Bldg., Rm. 109 <http://mccscherrypoint.com/programs/personal-professional-development/education-programs/>

**-Personal & Professional Development Office (MCCS)** -Career Development, Employment Assistance, Information Referral and Relocation Services, Personal Financial Program, Retired Activities Office, Transition Assistance Management Program, Tuition Assistance. **Call 252-466-4201 for all of these services, 0730-1630 M-F, T & E Bldg. Rm.213** <http://mccscherrypoint.com/programs/personal-professional-development/>



## **► Violence**

**-Effects of Domestic Violence - Behavioral Health Branch, Marine & Family Programs** This 4 hour seminar is for parents whose child(ren) may have been impacted by family violence. It addresses what domestic violence is, the effects it has on children, how to assist children to heal from its impact, and the practice of healthy conflict resolution skills for parents. **Call for class times. Provided monthly. 252-466-3264**

**-Family Advocacy Program - Behavioral Health Branch, Marine & Family Programs** Case management & victim advocacy for domestic or intimate partner abuse, rape, sexual assault, child abuse and/or neglect. **Times vary; call 252-466-3264 or 252-720-4283.**

**-Family Violence Awareness - Behavioral Health Branch, Marine & Family Programs** This brief is designed to raise awareness for service members to the issue of family violence. The topic covers what it is, how to recognize the warning signs and services available to address the issue. **Call for class times, 252-466-3264, Bldg. 232, room 203**

**-Incident Determination Committee Training - Behavioral Health Branch, Marine & Family Programs** - The Behavioral Health Branch of the Family Advocacy Program (FAP) is offering one day Incident Determination Committee (IDC) training. The training is required for all Family Advocacy Officers (FAO) or their alternate that serve as a voting member on the IDC for their respective command. The training consists of an overview of the IDC procedures and DOD definitions of child abuse and domestic abuse and allows the designee to be a voting command member of the IDC. **Call for class times, 252-466-3264, Bldg. 4335, room 135**

**-STOP: Domestic Violence Offender Group STOP stands for (S)kills (T)echniques (O)ptions and (P)lans...for Better Relationships. - Behavioral Health Branch, Marine & Family Programs** - This workshop is for participants that have perpetrated domestic violence in their relationship or exhibited behaviors consistent with power & control tactics. Focus is to establish accountability for one's behavior, teach skills & techniques conducive to healthy relationships. FAP involved clients only. Two separate groups, one for males and one for females. **26-week/ command-mandated, 252-466-3264**

**-Wings of Strength (Domestic Violence Survivors support group) - Behavioral Health Branch, Marine & Family Programs** - **Purpose/Goal: Domestic Violence Survivor Support Group (Open group):** People with common struggle and experiences coming together to figure out how to get through. Focus will be on support and processing for those struggling in their relationships. The group will educate members on cycle of violence, power and control, communication skills, ways to stay safe and how to identify triggers and issues associated with trauma. The goal is to help individuals see what healthy relationships look like and recognize unhealthy behaviors in relationships. Additionally, empower them to navigate these relationships and or move on to healthier connections. **Thursday, 0900 – 1100, 252-466-3264, Building 232**

**-Women's Group (MST) – Behavioral Health Clinic, Naval Health Clinic Cherry Point** Process group for female service members who have experienced sexual trauma. (Active Duty Only) Fridays 1030-1200. Call/email Michelle Nutter [Michelle.m.nutter.ctr@mail.mil](mailto:Michelle.m.nutter.ctr@mail.mil); 252-466-0500 to register.